



# DECEMBER 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule. Breastfeeding Classes also available in Spanish Call 410-313-5893 to schedule <b>To Contact a Breastfeeding Counselor near you:</b> Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 <b>Howard County WIC Program:</b> (410) 313-7510				<b>Services: Howard County</b> <ul style="list-style-type: none"> <li>Peer Counselor support</li> <li>Group BF Classes</li> <li>Individual BF Classes</li> <li>Electric pump demo</li> <li>Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>		
					1	2
3	4 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	5	6 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	7 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	8	9
10	11 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	12	13 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	14 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	15	16
17	18 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	19	20 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	21 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	22	23
24/31	25	26	27 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	28 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	29	30



# JANUARY 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Services: Howard County</b> <ul style="list-style-type: none"> <li>Peer Counselor support</li> <li>Group BF Classes</li> <li>Individual BF Classes</li> <li>Electric pump demo</li> <li>Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule. Breastfeeding Classes also available in Spanish Call 410-313-5893 to schedule	<b>To Contact a Breastfeeding Counselor near you:</b> Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 <b>Howard County WIC Program:</b> (410) 313-7510			
	1	2	<b>3</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>4</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	5	6
7	<b>8</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	9	<b>10</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>11</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	12	13
14	15	16	<b>17</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>18</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	19	20
21/28	<b>22/29</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	23/30	<b>24/31</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>25</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	26	27



# FEBRUARY 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Services: Howard County</b> <ul style="list-style-type: none"> <li>Peer Counselor support</li> <li>Group BF Classes</li> <li>Individual BF Classes</li> <li>Electric pump demo</li> <li>Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>			<b>To Contact a Breastfeeding Counselor near you:</b> Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630	Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule. Breastfeeding Classes also available in Spanish Call 410-313-5893 to schedule		<b>Howard County WIC Program:</b> (410) 313-7510
				<b>1</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>6</b>	<b>7</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>8</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>13</b>	<b>14</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>15</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>22</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>27</b>	<b>28</b> Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm			